



- 1 in 3 people over 65 are likely to experience a fall
- 1 in 2 if you are over 80
- 30% of falls are preventable
- Roughly 1 in 10 falls result in a bone fracture
- We don't want you to be in these statistics

## What can you do?

### HEALTH

- Ensure that you are drinking plenty, stay well hydrated and have a balanced, nutritious diet
- If you are taking medication, when was this last reviewed? Consider a medical review
- If you do not feel well, seek help
- Look after your feet or get someone to help you
- Regularly check your eyesight and hearing by a professional
- Continence can be an issue for some, seek help if you find you are rushing to get to a toilet

### OBSTACLES

- Have suitable lighting in place
- Remove any obstacles in your way
- Ensure that you have things to hand that you need
- Wear suitable footwear

### OBSTACLES

- Stay active as much as possible
- Build your balance
- Strengthen your legs
- Give yourself plenty of time when moving from lying or sitting to walking
- Remain confident in your ability and try not to fear a fall
- Consider the use of devices and aids to help keep you moving

Staff are available to provide you further information, advice and guidance if you have any questions.